



HELVELLYN - STRIDING EDGE

OVERVIEW

This classic Lake District horseshoe ascends via Striding Edge — one of the most famous scrambles in the UK — before descending via Swirral Edge. Although short in distance compared to Ben Nevis, this route is technically more serious due to exposure and scrambling sections. Weather conditions dramatically affect risk level.

KEY STATS



950m
SUMMIT HEIGHT



OL 5
OS MAP NUMBER



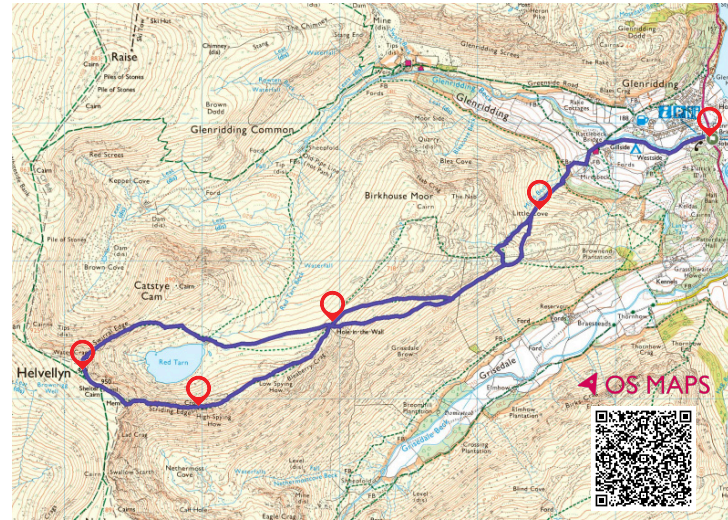
13km
DISTANCE



850m
HEIGHT GAIN



5-6 hours
DURATION






CHECKPOINTS (OS GRID REF)

CP	GRID REF	HEIGHT	LOCATION
CP1	NY 385 169	50m	Glenridding
CP2	NY 373 163	400m	Little Cove
CP3	NY 359 155	750m	Hole-in-the-Wall
CP4	NY 349 149	850m	Striding Edge Cross
CP5	NY 342 151	950m	Helvellyn Summit

ROUTE DESCRIPTION

From Glenridding, follow the clear path south-west through Mires Beck valley. The initial ascent is steady but straightforward on well-worn paths. After approximately 3 km (1.9 miles), the path reaches Little Cove where the route begins to narrow by a stream and views of Striding Edge become prominent. Continue south-west to Hole-in-the-Wall, a key decision point before committing to the ridge. From here, the path leads directly onto Striding Edge. The ridge narrows quickly with steep drops on both sides. The scramble involves a mixture of crest walking and lower bypass paths. The true crest provides the most direct but most exposed line. Hands are required in several places. At the end of the ridge, a short but steep scramble leads up onto the Helvellyn plateau. The route down Swirral Edge is steep but much shorter and the path flattens out much sooner.

WEATHER RISKS

-  Strong Crosswinds
-  Extremely Slippery in Rain
-  Cloud Reduces Visibility

HAZARDS + CONDITIONS

- Severe Exposure
- Polished Rocks
- High Wind Amplification
- Ice in Winter
- Psychological Stress

